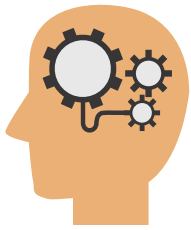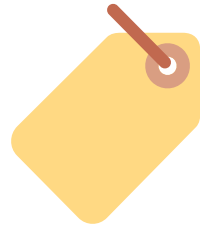# Thinking Styles

Thinking styles can help us understand our thinking patterns and how to restructure them.

All or Nothing:
Thinking in the extremes.
Ex. I have to give it my 100% or it's not good enough.

Catastrophizing:
Assuming the absolute worse will happen.
Ex. If I don't past this exam I'm never going to graduate or get a good job.

Labeling:
Assigning labels to others or ourselves
Ex. I'm such a dummy
Ex. He's such an idoit for choosing that color

Mental Filter:
Giving attention to certain types of evidence.
Ex. I made the baskebtall team once before but, that doesn't count because I usually don't succeed.

Jumping to Conclusions:
"Mind reading" or predicting the future.
Ex. He said he had other plans because he didn't want to really hang out with me.
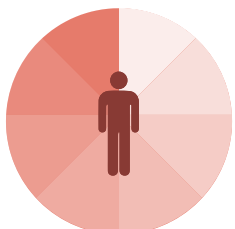Ex. She's never going to sit with me again at lunch because I wasn't funny enough.

Over-generalizing:
Making assumptions based on one single event.
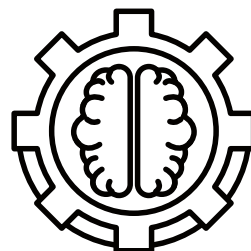Ex. Nothing good ever happens for me.

Emotional Reasoning:
Assuming our emotions are connected to how we feel about ourselves is true.
Ex: I feel anixous all the time so I must be crazy.

Disqualifying the Positive:
Discounting the positives that have happened
Ex. That doesn't count (similar to Mental Filter)

Shoulding:
Use of critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed
Ex: I should've known that was going to happen.
Ex. I must get a perfect score in order to be successful in this field

Personalization:
Taking blame for something that wasn't fully your fault or putting blame on others for something that is your fault.
Ex. It's all my fault they didn't win the game because I'm usually the regualr pitcher.

Breakthrough
Mental Health Counseling